

# NHB/NMRTC Bremerton *Caduceus*

*A Recap of information, insight & intel for Feb-Mar-Apr, 2023*



## **Navy Medicine Civilian Corps turns six at NMRTC Bremerton**

Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- To tally all the accumulated years for Navy Civilian Corps workers like Ray Howard, cook leader at Navy Medicine Readiness Training Command Bremerton, a calculator would make the addition process easier.

Howard started his 47 years – and counting - federal service career 1974. Along with five years of active duty service, there were 20 years working at Scott Air Force Base, Illinois, followed by his current assignment of 22 years – and counting – at NMRTC Bremerton.

Howard was joined by other men and women of the Navy Medicine Civilian Corps who were recognized on the sixth anniversary with birthday wishes.

“It was back on April 30, 2018, that we celebrated the first anniversary of the Civilian Corps, Navy Medicine’s newest corps which joined our others, Dental Corps, Hospital Corps, Medical Corps, Medical Service Corps, and



*A Navy Medicine Civilian Corps shared slice...In recognizing the Navy Medicine Civilian Corps’ sixth birthday, the Navy Medicine Readiness Training Command Bremerton staff member with the most longevity, Ray Howard (right), cook leader, with 47 years of federal service, is joined by Amazon Morgan with two months in Health Records, for the traditional cake cutting venture (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs)*



Nurse Corps,” explained Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer. “It is with distinct honor that we continue to recognize our valued and talented civilian workforce, both professionally and personally, on this, the sixth anniversary of being officially established.”



Vice Admiral C. Forrest Faison III, Navy Surgeon General and Chief, Bureau of Medicine and Surgery, authorized the establishment of the Navy Medicine Civilian Corps as part of Navy Medicine’s Corps Chiefs Office, April 30, 2017.

“Our federal employees have long been the glue of our organization that ensures continuity of care and mission accomplishment,” stated Fitzpatrick. “They provide stability, commitment and corporate knowledge to continually help us meet our operational readiness needs and care for our patients.”

Howard is one of more than 2,200 personnel in 125 unique job series throughout Navy Medicine.

“I enjoy what I do. I really didn’t think I’d be here this long, but the place grows on you. It’s been good. I work with a bunch of class people and there is still a need for what we do,” said Howard.



Mark O. Boman, Navy Medicine Civilian Corps director, sent birthday wishes to “all Civilian Corps colleagues,” which was shared to those in attendance, “Together, we have again consistently demonstrated unparalleled resourcefulness, adaptability and especially resiliency while partnering with our Navy Medicine colleagues to meet the mission,” read a portion of the letter.

Each of you are a crucial part of who are as a military treatment facility. Each of you is a valued employee. I treasure you all as colleagues,” commented Fitzpatrick.

“As long as we can make just one person’s day better, then we’ve done our job,” added Howard.



**NHB/NMRTC Bremerton Webpage:**  
<https://bremerton.tricare.mil/>

**NHB/NMRTC Bremerton Official Facebook site:**  
<https://www.facebook.com/navalhospitalbremerton>

**NHB on Defense Video Info Distro Service:**  
<https://www.dvidshub.net/tags/news/nmrtc-bremerton>

**NHB Command Ombudsman:**  
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## Admin Professional Day...Every Day at NMRTC Bremerton

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- They've been referred to as the command backbone and the glue which holds the command together.

Amidst such designations and descriptions, Navy Medicine Readiness Training Command Bremerton saluted the hard work, dedication, and skill of the command's administrative professionals and front desk staff on Administrative Professional Day, April 26, 2023.

"They really are the backbone of our daily operations at the core hospital and our branch health clinics. Thank you for everything you do," exclaimed Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer.

The history of the day dates back to 1952, as National Professional Secretaries Week and National Secretary's Day were created to recognize the importance and value of the secretarial position to a company or business or military organization like NMRTC Bremerton.

The name of this special day has appropriately changed and evolved over the years to refer to as 'Administrative Professionals Day,' which helps to broaden the scope and skill set of all administrative support staff across all disciplines.

The principle remains the same in taking the time to acknowledge, recognize, and celebrate the values and importance of the job that all of our administrative professionals and front desk staff do on a daily basis.

From our clinics to administrative and clinical support departments, we simply cannot understate the vital work they all provide to keep us functioning at a high level every day. Simply put, we could not do it without you," stated Fitzpatrick.

**Naval Hospital  
Bremerton Caduceus is an official  
Navy internal publication**

Capt. Patrick Fitzpatrick, NC, Commanding Officer

Capt. Mark Lund, MC, Executive Officer

Command Master Chief Brandon May

There are many disciplines and specialties at a military treatment facility, "yet our administrative professionals in all departments are our lifeblood," added Fitzpatrick.

## Making Every Step Count for Sexual Assault Awareness Prevention Month

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- When Hospital Corpsman 3rd Class Timothy Lopez found out about a step challenge coming up at his command, he was more than prepared.



Lopez and other staff assigned to Navy Medicine Readiness Training Command Bremerton made every step count for a 30,000 Steps for Sexual Assault Awareness challenge, April 17-21, 2023.

“My physical fitness goals already included at least that many steps. After I heard about the event I knew I could do it and contribute to the cause,” said Lopez, Grass Valley, California, who averages between 45,000 and 55,000 steps per week.

The event was held in conjunction with April designated as Sexual Assault Awareness and Prevention Month and organized by the Sailors Against Sexual Harassment and Coalition of Sailors Against Destructive Decisions organizations.

“This SAAPM event very well for SASHA and we are so appreciative of the support we have received. The staff of NMRTC Bremerton and clinics allowed us to shine a light on the importance of sexual assault awareness and prevention. This event was extremely worthwhile, impactful and rewarding,” explained Hospital Corpsman 3rd Class Grace Corn, of Kellyville, Oklahoma who helped organize the event, along with HM3 Karen Ortega Egusquiza.

Participants were asked to track their steps using a device of their choice – pedometer, watch, smartphone, etc. – and then bring the proof a receive a certificate of





completion, as well as a goodie bag filled with SAAPM promotional handouts.

Depending on stride length, foot placement, pace and steps per minute average, a person logging 30,000 steps is accomplishing anywhere from a half marathon (13.1 miles) to 15.5 miles (25K).

Among staff members taking part in the event were Capt. Patrick Fitzpatrick, Lt. Lorna Brown, Hospital Corpsman 1st Class Joyce Sang, Hospital Corpsmen 2nd Class Kevin Aguirre, Rylee Brown, Vittorio Garcia, Christian Velasquez, Hospital Corpsmen 3rd Class Trevor Dempsey, Bryce Green, Anthony Hernandez, John Kroening, Lopez and Stephen Smith, Hospitalmen Drew Echeverria, Ortega Egusquiza, Genesis Ortega, Elisabeth Johnson, Catherine Kane, Cole Kinser, Roberto Laradominguez, Rachelle Lawson and Emaredong Wally, Hospitalman Apprentice Ryan Chavezresendiz, and federal employees Rebecca Lange, Lily Moore and Brian Roy.

Other events held at NMRTC Bremerton to highlight the importance of SAAPM included a Teal Ribbon Gorp photo, Teal Ribbon display, Denim Decoration display, Chalk the Walk, Teal Thursday, and a Sexual Assault

Prevention Response Victim Advocate appreciation slated for April 28, 2023.

“We hope to continue this in the years to come,” added Corn.





## Environmental Stewardship the Ecological Standard at NMRTC Bremerton

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- When Master-at-Arms 1st Class Dalia Corredor began supporting her command's Earth Day Clean Up efforts, she wasn't just continuing an annual tradition.

The Earth Day Clean Up organized by the First Class Petty Officer Association at Navy Medicine Readiness Training Command Bremerton, April 21, 2023, reinforced the long-established environmental stewardship legacy of the command.

"I took part because I hate seeing garbage. I always do a perimeter check as part of my Physical Security checks and there is a lot of wildlife. Some of the trash we leave can be hazardous to them," said Corredor, who teamed up with Logistics Specialist 2nd Class Andrea Markey and Logistics Specialist Seaman Tyler Thompson to patrol the grounds for discarded trash.



The facility is more than just a military treatment facility. Under the administration and management of the Defense Health Agency, with the surrounding grounds overseen by Naval Base Kitsap, it is a crucial part of the local west Puget Sound ecosystem. The command is bracketed on all sides by a diverse collection of community neighbors and there has been a continual commitment to conservation efforts over the years.

To the north is a number of residential homes. To the south is The Landings, a public/private venture for military family housing at Naval Base Kitsap. To the west is John D. "Bud Hawk" Elementary School. To the east is the Ostrich Bay portion of Dye's Inlet, and Suquamish Tribe lands.

Wildlife abounds the 49 acres of the command. Eagles nest. Deer forage. Even the occasional black bear has been



spotted.

Environmental stewardship over the years has allowed staff, patient and visitor to enjoy the grounds which feature a healing garden and nature trail. Trees have been planted. Invasive foliage trimmed. Access roads and parking lots maintained.

There have also been a host of modifications over the years – many of them small – adding up to a greater ecological good inside as well as outside.

According to Robert Mitchell, environmental program manager, the primary focus for this year has been on hazardous waste reduction improvements.

There are a host of common hazardous materials used in any healthcare facility, from cleaning chemicals to biomedical waste.

The command has a robust waste reduction program to collect and return what the Food and Drug Administration classifies as ‘single used devices’ from the Main Operating Room. Instead of disposing such devices as arthroscopic wands and shavers, laparoscopic instruments and ultrasonic scalpels as medical waste, they are now being recycled at a rate of almost one ton per fiscal year.

“Coordination with the Main Operating Room resulted in reducing 200 pounds per month of biomedical waste disposal during the safe collection and reprocessing of single use devices such as sharps instruments,” Mitchell stated.

Various non-invasive medical devices are also recycled, such as compression sleeves, pneumatic tourniquet cuffs, and ECG lead wire and cables. At one point in time, those items – and more - were disposed of as solid waste, with associated costs and environmental impact.

They have even removed hazardous waste material items no longer needed or now considered redundant.

“By only having useable hazardous material on hand is important to know what potential spill/release could happen and having the proper personal protective equipment and spill response material ready,” explained Mitchell. “Under the Occupational Safety and Health Administration’s ‘Right to Know’ Act each staff member has the right to know what they are exposed to in the workplace. Knowing exactly what is there helps to decide training and storage needs.”



The environmental stewardship awareness includes energy-saving, enhancing specific systems to help protect the local ecosystem and even recycling used material to provide to others in need.

The Facilities Engineering Division instituted a Solid Waste Diversion water foundation project to reduce the use of disposable plastic drinking water bottles.

The project has been a success. Installed bottle fillers in 14 drinking fountains have resulted in ecofriendly benefits.

Just one filler dispensed the equivalent of almost 200 bottles of water in one work week, in theory keeping those 200 bottles out of recycle bins, trash cans and landfills.

Other recent completed projects include adding quarterdeck lighting controls, occupancy sensors in the main hospital and Family Practice wing restrooms, and steam plant boiler upgrades from 80 percent to 94 percent efficient condensing boilers.

Those improved boilers have efficiently enhanced the ventilation, heating and cooling systems for the main hospital building.

The environmental management team also added occupancy sensors for exam rooms, offices, and Family Practice waiting lobby lighting controls and efficient recessed interior LED lighting for elevator lobbies.

All designed to save energy.

Mitchell also notes that the dental clinics have practiced conservation consistency by keeping toxic metals from dental wastewater out of Puget Sound.

Dental staff were trained on the installation and maintenance of chairside amalgam filters in treatment rooms used for amalgam restoration in compliance with Navy Medicine's mercury control program and Washington State Department of Ecology policy on dental wastewater management.



***“This [Earth Day Cleanup] is important because we should take care of our facility and our environment,” stressed Corredor. “Especially if we want it to last for us and for future generations.”***

The command was able to remove a redundant amalgam separator system. This change saved the command \$10,000 annually for eliminating the need to collect and dispose dental wastewater at the Bangor dental clinic.

Other environmental stewardship projects included the Terrace Dining Facility switching to eco-friendly take-out containers from Styrofoam, which was the only option during the 2020-2022 pandemic.

By eliminating the polystyrene-based products, the command effectively cut back on trying to recycle approximately 120 take-out container orders that also included cups, and salad/soup bowls.

Along with initiatives to recycle, reprocess and recover, there have also been creative individual efforts in helping care for the environment.

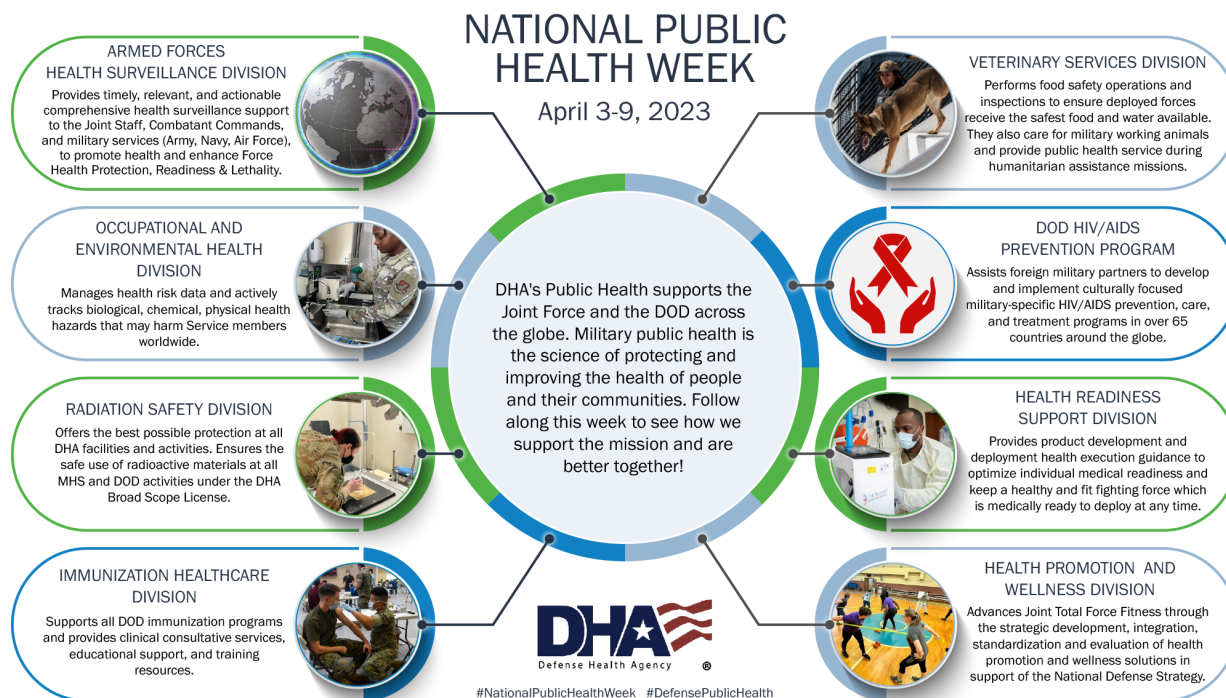
The blue muslin wrap used as garments in the Main Operating Room used to be destined for a landfill after being discarded. The wraps are made of polypropylene, a form of cloth-like plastic which is water resistant, insect resistant, and retains heat.

Yet once the sterilized blue wrap is worn, it can't be reused due to stringent sterilization standards and manufacture guidelines.

During the pandemic, Hospital Corpsman 3rd Class Cozzette Baldwin came up with the idea to recycle those wraps by making them into sleeping pads, tote bags, even face masks, and donating to those less fortunate.

Internally, as well as externally, the command continues to adhere to ecological principles.





## Protecting Health is NHB Industrial Hygiene's Mission

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- In conjunction with National Public Health week, April 3-9, 2023, Defense Health Agency commands like Naval Hospital Bremerton continue to provide protective support with a variety of public health specialty services to ensure the health and wellness of all those entrusted in their care.

Public health is defined as the science of protecting the health of people and the communities in which they live and work.

NHB's Public Health Directorate Industrial Hygiene department is one such unit with a distinctive focus and responsibility.

Industrial Hygiene's mission is to anticipate, identify, and evaluate occupational stressors to advise commands within Navy Region Northwest and Naval Hospital Bremerton's area of responsibility on methods to prevent and reduce workplace injuries and illnesses.

With a staff of two officers and 19 civilians, the IH department supports more than 30,000 workers throughout Navy Region Northwest encompassing 126 unique commands with 480 different shops that require an IH survey. Industrial Hygiene is an integral part of Public Health.

"Industrial Hygienists recognize, characterize and control exposures in the workplace that lead to illness. Our team collects and analyses samples, interviews workers, and is embedded alongside some of the most hazardous operations that support the fleet," said Lt. Cmdr. Laura Moody, IH department head and Medical Service Corps officer.

The IH team recommends protective equipment, new work processes, novel engineering solutions and materials all with the focus on preserving the health of those who work in surrounding military bases like Puget Sound Naval Shipyard and Intermediate Maintenance Facility, as well as Naval Base Kitsap – Bangor.

"Some of the heavy hitters we help protect the workforce from include industrial noise, lead, hexavalent chromium, asbestos, cadmium or PCBs," Moody noted. "You'll find Industrial Hygienists right alongside workers in all

these environments, collecting air samples, taking measurements, and performing statistical analysis to build comprehensive exposure profiles for our service members and civilians.”

As an example, the IH department team workload for calendar year 2020 indicated there were 248 personal and area samples collected, 248 personal breathing zone samples collected, and another 186 personal noise dosimetry samples collected.

“We monitor a number of things by which a shipyard worker can be exposed. Say someone is welding for eight hours. We put a personal sampling pump on that person to collect chemical samples of the air to determine toxic or non-toxic levels,” explained Moody adding that airborne contaminants are another major concern.

“Lungs especially,” stated Moody. “Breathing is so important and industrial environments can be so porous. We carefully monitor a worker and their air intake.”

A worker’s hearing is yet another crucial concern for IH. Noise dosimeters are used to monitor the surrounding noise and vibration someone is exposed to when on the job.

“We’re not recording or examining someone’s conversation but measuring the sound pressure that a worker is exposed to during their shift,” Moody said.

Moody affirms that the most challenging aspect of Industrial Hygiene is supporting the complex and sprawling industrial environment of PSNS and IMF with approximately 14,000 employees.

“Our work is diverse, include emerging techniques and materials, and a 24-hour, seven days a week workforce. Additionally, we support units from Alaska to Wyoming, multiple afloat platforms and submarines, and of course our very own military treatment facility. Over one calendar year, we will collect and analyze up to 1,000 field samples covering the scope of operations in our area,” remarked Moody.

Although much of what the Industrial Hygiene does is behind the scenes, there is a gratifying aspect that their efforts are helping to identify possible risks to the health and welfare of workers, to determine what is suitable, what is harmful and how to mitigate those health hazards.

“Most industrial hygienists report that the interaction with workers and being in a position to effect real change and keep them healthy is the most rewarding part of their job,” stated Moody. “While the results may not be immediate, knowing that we’ve played a role in the prevention of occupational disease a 19-year-old service member may face when he or she is 65, is very rewarding.”

The DHA’s Public Health supports the Joint Force and DoD across the globe with subject matter experts in Armed Forces Health Surveillance Division, Occupational and Environmental Health Division, Radiation Safety Division, Immunization Healthcare Division, Veterinary Services Division, DoD HIV/AIDS Prevention Program, Health Readiness Support Division and Health Promotion and Wellness Division.



*Making a cookie commitment...Hospital Corps Ball committee members continued their fund raising efforts by offering a choice of cookies April 26, 2023. Buyers had to supply their own milk, though...*





*An Appeal in Teal...In conjunction with April designated as Sexual Assault Awareness and Prevention Month, NHB/NMRTC Bremerton staff collectively promote this year's theme, "Step Forward. Prevent. Report. Advocate." The Teal Ribbon, symbolic of the continued call to action for individuals at all levels of DoD to use their personal strength to bolster prevention, increase reporting, and promote advocacy for a safer DOD Community. The group photo-op is the opening reminder of the importance of SAAPM at NHB/NMRTC Bremerton, which also includes weekly publications of insight and information, along with other scheduled events such as denim decorating, chalk the walk, Sailors Against Sexual Harassment/Coalition of Sailors Against Destructive Decisions 30K Steps for Sexual Assault Awareness, SASHA/CSADD Sexual Assault Prevention Response program 5K run/walk, and SAPR Victim Advocate appreciation event.*

*NHB/NMRTC Bremerton also actively advocates knowledge of the DOD Safe Helpline, the Department of Defense's sole hotline for members of the DOD community affected by sexual assault. Safe Helpline is a completely anonymous, confidential, 24/7, specialized service—providing help and information anytime, anywhere. A Safe Helpline user can access one-on-one support, peer-to-peer support, information, resources, and self-care exercises to aid in their recovery.*

**Chat: DOD Safe Helpline**

**Call: 877-995-5247**

**Text: 55247**





*Lending A Hand...Sexual Assault Prevention Response victim advocates and SASHA cabinet members provide support for the command's effort in recognizing April as Sexual Assault Awareness and Prevention Month. With this year's theme, "Step Forward. Prevent. Report. Advocate," part of the military treatment facility campaign includes weekly publication and sharing of insight and information to continue to raise awareness on sexual assault. Pictured are, (L to R) are Hospital Corpsman 2nd Class David Livingston (SASHA), Hospital Corpsman 3rd Class Alexander Hill (SASHA), Culinary Specialist 2nd Class Justin Boyd (SAPR VA), Hospital Corpsman 1st Class Alaina Hall (SAPR VA), Hospital Corpsman 2nd Class Crystal Munns (SAPR VA/ SASHA), Hospital Corpsman 3rd Class Grace Corn (SASHA), Hospital Corpsman 3rd Class Karen Ortega-Egusquiza and Chief Logistics Specialist Carlo Valencia (Administrative Uniformed Victim Advocate). As the banner signifies, for those in need, even if it's just to talk, the DOD Safe Helpline provides a hotline for the DOD community affected by sexual assault.*





*Epicurean expertise for Distinguished Visitors  
Serving it up...Culinary Specialist 1st Class Luke Pomerville, with Naval Hospital Bremerton Nutrition Management Combined Food Operations, brings lunch - grilled steak on ciabatta with arugula, fig jam and fontina cheese – to visiting Navy Medicine and Defense Health Agency leadership, Rear Adm. Darin Via, Deputy Surgeon General of the U.S. Navy and deputy chief, Bureau of Medicine and Surgery and Ms. Regina M. Julian, Defense Health Agency Deputy Assistant Director for Health Care Operations. Via, Julian and other top-level military medical executives convened at NHB, April 11, 2023 to conduct multiple fact-finding sessions to help address statements on access to care concerns, billet cuts and manning issues, civilian hiring and active-duty placement practices and more. As well as enjoy a lunch of “Pieces of perfection,” stated Lt. Lorna Brown, Nutrition Management department head (Official Navy photos by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).*



*Epicurean hands at work...Naval Hospital Bremerton's Culinary Specialist 2nd Class Cecelia Romero-Reyes reaches for arugula to add to the grilled steak on ciabatta with fig jam and fontina cheese, assisted by Culinary Specialists 3rd Class Miquale Claude (left) and Shyan Bristow (background), for visiting Navy Medicine and Defense Health Agency leadership, Rear Adm. Darin Via, Deputy Surgeon General of the U.S. Navy and deputy chief, Bureau of Medicine and Surgery and Ms. Regina M. Julian, Defense Health Agency Deputy Assistant Director for Health Care Operations.*



## Nurse Corps officer responds to medical emergency on grounded ferry

By Douglas H Stutz, NHB/  
NMRTC Bremerton public affairs  
officer -- When the Bremerton-  
Seattle ferry Walla Walla ran  
aground on a late-Saturday after-  
noon due to loss of power, Lt.  
Holly Sapien's attention became  
instantly directed elsewhere.

Although there were no reported  
injuries due to the vessel ending  
up on a Bainbridge Island beach-  
front, April 15, 2023, there was a  
medical emergency amongst the  
approximately 600 passengers on  
board.

Sapien, a Navy Nurse Corps of-  
ficer assigned to Naval Hospital  
Bremerton, immediately respond-  
ed to a call for someone needed  
with medical background.



"There was a passenger having a  
grand mal seizure," said Sapien. "I had to get him out of the seat he was in. I had to get him on his side to protect  
his airway and prevent aspiration."

Sapien, an El Paso, Texas native with almost 10-years of Navy experience, had dealt with grand mal seizure  
conditions before when working at Naval Medical Center Portsmouth, Virginia.

"That was in a medical environment, with trained medical staff ready to help. This was the first time not in a  
hospital setting to respond to such an event," noted Sapien, adding that her training automatically kicked in.

Her efforts also reinforced teaching the Navy's Tactical Combat Casualty Care course and holding Basic Life  
Support training designed to enhance medical readiness in generally austere, combat environments.

"We all take these classes for our professional development but never really know when we're going to actually  
use the skills," stated Sapien.

Yet respond she did, until turning her patient over to the Bainbridge Fire and Rescue team once they got on  
board.

"It's nice to be there when needed and be able to jump in and help out to give peace of mind to another when  
there's no hospital nearby," said Sapien.

The routine ferry trip became anything but nearly 30 minutes into the Puget Sound crossing. Lights started to  
flicker.

The steady thrum of the boat's engine stilled. The vessel was headed towards a beachfront home.

"Brace for impact" was announced over the Walla Walla loudspeaker system.

The ferry reportedly slowly angled into the beach, coming to rest in a soft landing.

"Once grounded, life jackets were passed out if there was a need to abandon ship," related Sapien. "We waited  
around for four or five hours before finally deciding to get off on one of the fast ferries called in to assist."



## Patient Safety Week recognizes Heroes Amongst Us

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Not all heroes wear capes, but they walk and work and wow amongst others.

Such a notion was on display at Naval Hospital Bremerton during National Patient Safety Week, to highlight this year's central theme, "Be a patient safety hero anytime, anywhere, always," March 12-18, 2023.

"Every year I try to come up with something visually fresh and eye catching for our display, to draw in our staff and patients," said Mayda Schaefer, NHB patient safety analyst and chief architect over the years of the visually appealing displays. "This year has been extra cold and snowy. When I read that Punxsutawney Phil, the groundhog had estimated another six weeks of winter, I thought we should just embrace it as a backdrop to the official DHA theme."

If there's a common thread which this year's Patient Safety Awareness Week indicated, along with the command's Performance Improvement Fair, it's that camaraderie, communication and coordination are essential, integral, overlapping needs in any military treatment facility like NHB.

As well as symbolic snowflakes.

"The way we care for our patients through teamwork and communication is truly the heart of patient safety. The quote by Vista M. Kelley, "Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together," really captures this concept," shared Schaefer.

*Continued Next Page...*



### *Recognizing April as Occupational Therapy Month*

*Applying hands-on support...Ms. Teri Nyblom, certified occupational therapist assistant at Naval Hospital Bremerton works on range of motion exercises for fracture rehabilitation with Culinary Specialist Submarines 2nd Class Elisha Schmidt of Commander, Submarine Squadron 17. It's occupational therapists like Nyblom whom are being acknowledged during April, which has been officially designated by the Defense Health Agency as Occupational Therapy Month. Ms. Nyblom's helps patients improve functional performance by providing individualized therapy interventions addressing range of motion, strength and performance pattern deficits with the ultimate goal of returning to meaningful daily activities. (official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).*

Highlighted by the faux snowflakes was NHB's Good Catch program, expressly designed to recognize staff members who 'Speak Up for Patient Safety' when they notice something even remotely amiss, whether it's a wrong dosage on prescribed medication to a patient in need of immediate medical assistance.

"They're all heroes. Recognizing them during Patient Safety Awareness Week is certainly fitting," Schaefer noted.

The Pharmacy staff have reported eight good catches in the past six months, along with similar efforts in Family Medicine, Internal Medicine and the Main Operating Room. Staff members cited for safeguarding patients are, Dr Brynne Standaert, Family Medicine general pediatrician; Victor Chu, Pharmacy, pharmacist; Mason Bridge, Pharmacy technician; Hospital Corpsman 3rd Class Brogan Chambers, Pharmacy; Lilly Moore, Main Operation Room administrative assistant; Linda Clauson, Pharmacy technician ; Victor Luoma, Pharmacy technician; Hospital Corpsmen 2nd Class Jacob Baker and Timothy Clark, Main OR surgical technologists; Aaron Myers, Internal Medicine registered nurse and Hospitalman Aaron Ferguson, Pharmacy.



There were several evidenced based principles colorfully exhibited to remind staff, patient and visitor of the importance to patient safety. Improving staff communication was cited as a continuous process essential in getting important test results to the right staff person on time. Critical results of tests and diagnostic procedures that fall significantly outside the normal range may indicate a life-threatening situation. It is very important to provide the patient's provider these results, so they can take quick action.

Identify patients correctly by using at least two ways. NHB uses full name and date of birth to make sure that each patient gets the correct medicine and treatment. This also ensures the correct patient gets the appropriate blood for transfusions.

Surface disinfection is imperative, especially in a hospital setting with germs spreading in a host of ways. As evidenced by such contagious illnesses as influenza and COVID-19, people can easily spread respiratory viruses through the air. When aerosolized droplets carrying the viruses get into the air, they land on all the room surfaces. Certain viruses can remain viable on surfaces as dried droplets for up to 28 days. Cleaning and disinfecting surfaces are part of a good plan to reduce infections, even at home.

Cleaning refers to the removal of germs, dirt and impurities from surfaces. It doesn't kill germs, but by removing them, it lowers their numbers and the risk of spreading infection. Disinfection/sanitizing refers to using chemicals to kill germs on surfaces. This process doesn't necessarily clean dirty surfaces or remove germs, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

Prevent mistakes in surgery. The universal protocol is to make sure that the correct surgery is done on the correct patient and at the correct place on the patient's body. Marking the correct place on the patient's body where the surgery is to be done is the norm and pause before the surgery to make sure that a mistake is not being made.

Delivering excellent care for patients while keeping them safe from harm is the top stated priority at NHB, part of the Puget Sound Military Health System which includes Madigan Army Medical Center, Naval Health Clinic Oak Harbor and the Air Force's 62nd Medical Squadron, entrusted to provide that standardized – and safe – care to approximately 284,000 active-duty service members, retirees and family.

When asked what this year's display was designed to accomplish, Shaefer replied, "Bring a smile and some awareness to the reasons behind patient safety."

PSAW is an international education and awareness-building campaign for improving patient safety. Ensuring safe care is provided during each patient encounter is part of the commitment towards high reliability.

"I was super impressed. The amount and quality of work done by Mayda is ingenious," remarked Capt. Patrick Fitzpatrick, NHB/NMRTSC Bremerton public affairs officer.

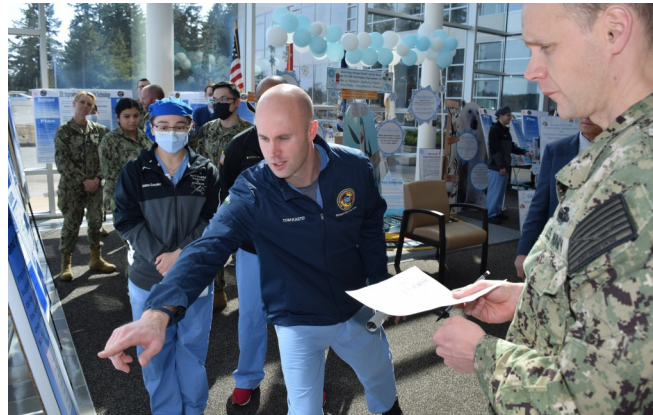


## A Fair Display of Innovation and Initiative

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- When Hospital Corpsman 3<sup>rd</sup> Class Julia Muro was given the opportunity to use the Continuous Process Improvement Fair to demonstrate how to mitigate a staffing shortage concern, that is exactly what she did.

In an unorthodox way, those efforts worked so well she ended up not needing to actually attend the fair.

Along with HM3 Eric Huerta and Hospitalman Hunter Jeffers, Muro represented Directorate Surgical Services Anesthesia department with the submission, “Planning for Manning.”



“With decreased manning, this is a real purposeful, great idea,” said Lt. Jason Balazs, certified registered nurse anesthetist who provided project lead oversight and presented the project for the corpsmen.



“Planning for Manning” was one of 12 submissions at the fair, designed to showcase innovations and initiatives in providing safe, high-quality patient care.

“Working on this year’s CPI project was a great opportunity to put my developing leadership skills to the test. Being given a chance to teach is always something I [have] looked forward to,” explained Muro.

According to Lt. Cmdr. Shingmei Chang, Process Improvement Sciences lead, the Process Improvement Fair concept is based upon the Defense Health Agency Ready Reliable Care principle, which is focused on reducing unwarranted variation across the system, eliminating waste, and lowering costs.

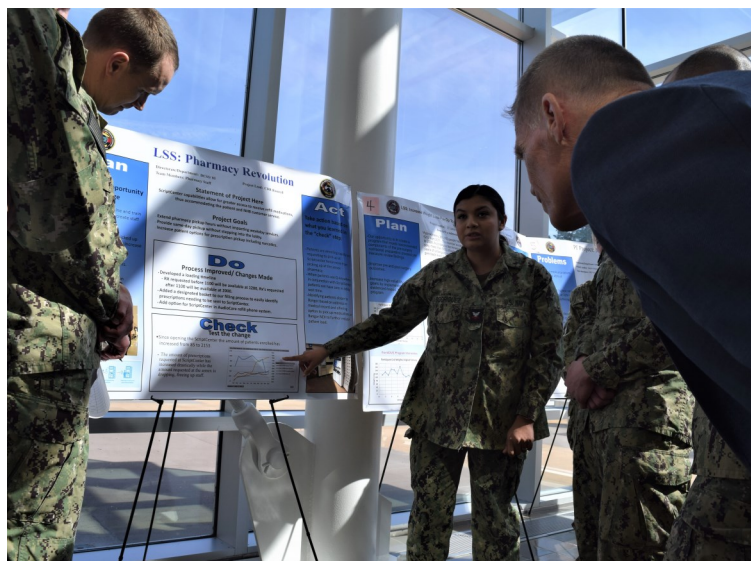
Staff are then tasked to solve problems by leveraging improvement science - which emphasizes innovation - to enhance, refine and support existing procedures, methods and standards in their military treatment facility.

Their collection results are then displayed and explained to appraising judges, curious co-workers and interested staff members in a convivial fair setting.

“It is wonderful to see staff from various departments taking part in improving their processes and sharing their work and results at this event,” said Chang.

“All of their efforts are showing positive impacts on patient safety, quality of care, and readiness. Continuous Process Improvement is an integral component for the hospital as a high reliability organization,” Chang added.

Muro and her team’s project was centered on the notion that with no hospital corpsmen expected to be assigned to the Anesthesia Department there was a need to augment the current shrinking manning level.



“Anesthesia is the best department in the hospital for someone to cross train in. Most corpsmen do not develop their hands on skills until they are deployed. Luckily I get to practice them every day,” said Muro.

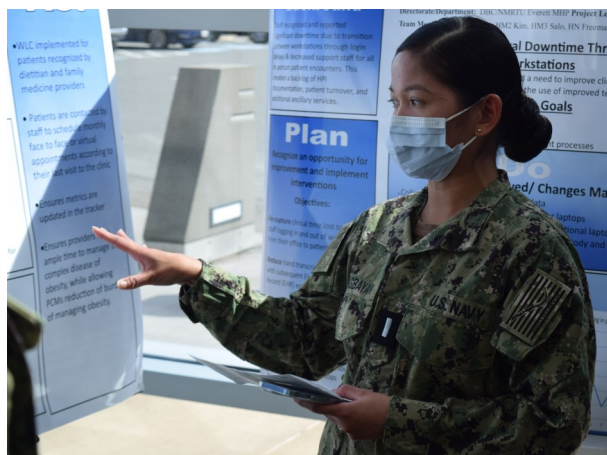
They devised a plan to cross train other corpsmen with surgical technologist specialty skills to help with the daily workflow in the Main Operating Room.

“I had to delegate and be patient as my corpsman were learning. I am so thankful to have had this privilege,” Muro said.

The plan to train the others became acute when one of the two assigned anesthesia technicians transferred which limited the ability to provide assistance to the anesthesia provider.

Anesthesia and Main OR department heads collaborated to come up with a viable, workable plan to ensure that day-to-day anesthesia needs would be met.

Two surgical techs were selected to train for a month with their anesthesia tech counterpart and complete the necessary professional qualification standards.



With those corpsmen already assigned in the Main OR, they gained added proficiency such as knowing the technique of intravenous placement which would help prevent any future roadblocks in providing patient care.

Along with Planning for Manning, also presented was Increasing OR First Case On-Time Starts from the Main Operating Room team with Directorate Surgical Services;

Improving DMHRSi [Defense Medical Human Resource System – Internet] Completion at NMRTC Bremerton;

Pharmacy Revolution from Directorate of Clinical Support Services;

Increase Weight Loss Pre-Op To Improve Post-Op Outcomes in Bariatric Patients, from Director of Administration's Nutrition Management;

Multidisciplinary Weight Loss Clinic from Director of Medical Services Family Medicine team;

Improving Efficiency With Technology from Directorate of Branch Clinic's Navy Medicine Readiness Training Unit Everett;

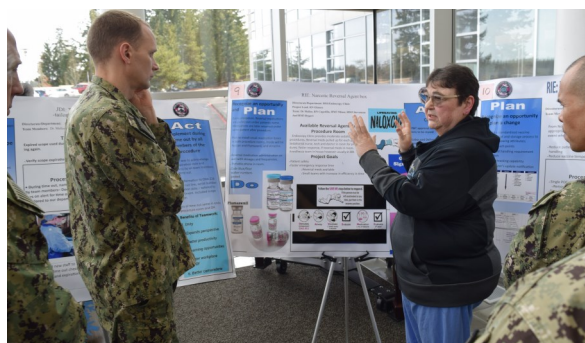
Directorate for Surgical Services Ophthalmology department on fixing equipment problems;

Endoscopy Clinic on Time Outs Matter – tailer to your department;

Endoscopy Clinic with Narcotic Reversal Agent box;

NMRTU Everett with Vaccine Receipt Process Standardization,

Directorate for Administration Patient Administration with Suitability Screening.





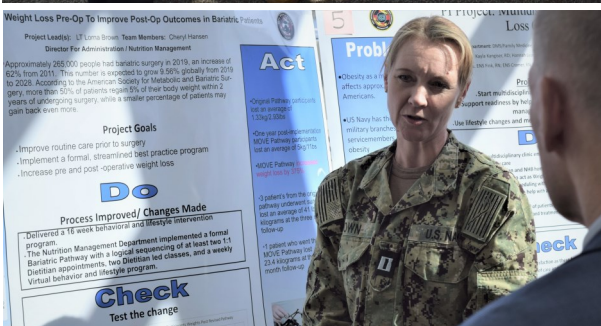
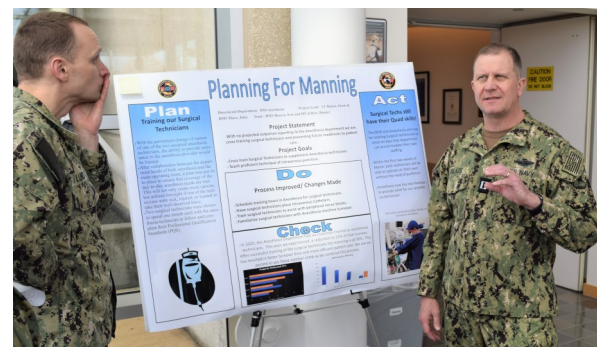
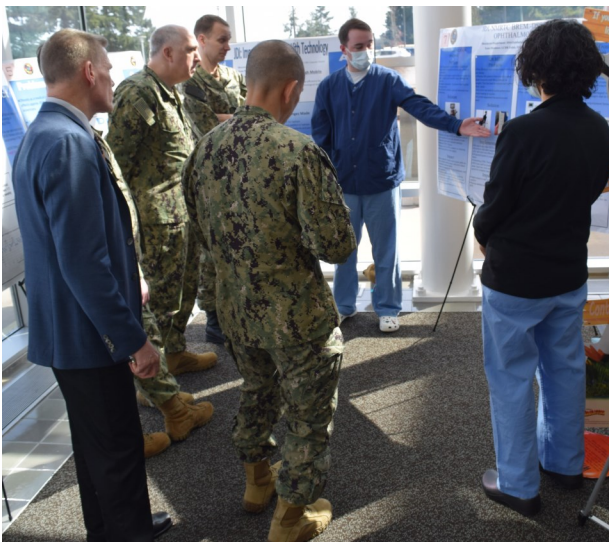
“With the help from our Lean Six Sigma Master Black Belt, Mr. Bradford Jense, we’ll be sharing their projects online for all Defense Health Agency to see,” noted Chang.

“That will serve a few purposes,” continued Chang. “First, their successful effort can be seen by other military treatment facilities who may be facing similar issues and may benefit from the same process improvement methods. Second, their projects serve as a documentation of their work, which is a necessary step in obtaining the Lean Six Sigma Green Belt certification. Lastly, their projects will be considered in next year’s Naval Medical Forces Pacific CPI competition.”

Lean Six Sigma is a team-based concept rooting in seeking performance and process improvement by eliminating resource waste, redundancy and deficiencies.

Process improvement can also enhance time-management, as Muro can readily attest.

It was quite the presentation of my results working in action as I was not able to attend the CPI fair, only proving how well the cross training actually works,” Muro stated. “Now our department has multiple backups in case of an emergency, ensuring the safety of our patients.”



## Material Management efforts help boost Defense Logistics Agency

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs -- Ever wonder what happens to old gym equipment, outdated office equipment and obsolete desktop systems?



Navy Medicine Readiness and Training Command Bremerton Material Management department is a believer in using DoD's Defense Logistics Agency Disposition Services – which used to be referred to as DRMO - to transfer the old to those who might consider it the new.

According to Lt. Renzo Sobrevilla, Material Management department head, any command – including NMRTC Bremerton – planning on removing, recycling or replacing any type of equipment should take advantage of DLA, the agency responsible for the disposal of excess government property.

“They [DLA] are the last line of defense when helping units practice good stewardship,” said Sobrevilla.

“DLA is a means to save money by reissuing personal government property instead of buying it new.”

Sobrevilla notes that there are four primary benefits for the command by readily utilizing the services provided by DLA.

**Reutilization:** DLA's primary purpose is to maximize the reuse of excess and surplus property generated by the Department of Defense.

This includes property such as equipment, vehicles, and other materials that are no longer needed by one unit or agency but may still be useful to another.

**Donation:** DLA can donate surplus property to state and local governments, nonprofit organizations, and schools that meet certain criteria. This helps to support public purposes and promote goodwill.

**Recycling:** DLA promotes environmentally responsible practices by recycling materials whenever possible. This helps to reduce waste and conserve resources.

**Disposal:** When property cannot be reused, donated, or recycled, DLA is responsible for disposing of it in a safe and cost-effective manner. This may involve selling it to scrap dealers or other buyers or disposing of it through authorized means such as incineration or landfill.

Material Management personnel – led by Logistics Specialist 2nd Class Ivana Fragale, along with LS2 Ezra Horton, LS3 Dwayne Polack, and with oversight from Chief Logistics Specialist David Hallock and LSC Fedrick Nichols - conducted multiple ‘clean up’ projects which took more than 1,100 man hours to complete at the end of calendar year 2022.

They processed, scheduled and turned over 477 pieces of hospital equipment on 50 pallets for a re-utilization and savings of approximately \$3.1 million.

“By utilizing dla on a wider basis on all U.S. military treatment facilities around the world, we can reduce the waste and minimize redundancies. Should a massive need for medical equipment be required, then we can get them from different MTFs to places where those supplies are most in need,” commented Sobrevilla.



## Corpsmen Curriculum Day for Cadets

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- The daily norm of class, cafeteria and curriculum of approximately 50 students from Peninsula and Gig Harbor high schools was altered, March 10, 2023.

They instead were provided a face-to-face chance to see care, competence and corpsmen in action at Navy Medicine Readiness Training Command Bremerton.

Navy Junior Reserve Officers Training Corps student cadets, led by retired Navy Command Master Chief Robert Stockton, were provided hands-on instruction in basic life support familiarization, Tactical Combat Casualty Care, and operational medicine.

“Giving them this opportunity to visit a Navy Medicine command is the best way to gather information for themselves, see for themselves and ask questions for themselves about potential career fields on interest,” explained Stockton.



“There is tremendous value alone to just coming here for most of our students, especially those who have not actually been in such an environment as a Navy command or talked to a Sailor about what they do,” Stockton added.

The visiting students took part in a career fair which showcased Navy hospital corpsman specialty skills and career options such as surgical technician, preventive medicine technician, optician, and more.

“An opportunity like this can certainly help determine what they want to do moving forward or at least make them aware of options they never knew existed or heard about before,” noted Stockton, stressing that the JROTC program at both schools is based upon the Navy core values of honor, courage and commitment.

“We’re also grounded in discipline to ourselves and others, teamwork, responsibility and self-respect,” Stockton said.

For Peninsula High School student Olivia Gaston, her interest in considering a nursing career led to meeting with Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director, NMRTC commanding officer and Navy Nurse Corps officer.

“I’ve always been interested in medical because I like to help others. I had no idea that Navy nurses did so much,” said Gaston, alluding to the 17 specialties which Navy Nurse Corps officers can qualify - such as emergency room trauma, critical care and certified nurse anesthetist - as part of their responsibilities providing patient-centered care.



“I do have plans this summer for job shadowing in a medical field setting,” Gaston added.

There was also a question-and-answer session featuring a Navy Medical Corps physician, Nurse Corps officer and Hospital Corps staff members readily available to address any request for insight from the visiting students.

## Getting to the Root with Dental Assistants Recognition Week

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Behind every endodontist procedure – think of root support for a root canal – is a dental assistant.

That specialized support in helping dentists diagnose, treat and care patient's oral health needs is acknowledged with Dental Assistants Recognition Week at Navy Medicine Readiness Training Command Bremerton, March 5-11, 2023.



“Dental assistants prepare and organize tools and materials needed by dentists to work on and treat patients. Dental assistants have many tasks including patient care, recordkeeping and handling schedules, infections control and treatment room management. Working in an oral surgery department, the dental assistants also must know how to scrub for surgeries which isn’t something that many get the opportunity to do,” explained Hospital Corpsman 1st Class Rendel Basiga, NMRTC Bremerton Oral and Maxillofacial Surgery department leading petty officer with dental technician specialty training.

Basiga, from San Jose, California, has been involved in oral surgery since he enlisted in 2012.

“The ability to help others and being able to work closely with patients and also at times be the connection between the patient and the doc is gratifying,” said Basiga. “Dental assistants play a significant role in the patient’s experience.”

Part of that role, Basiga insists, centers on the prevention of cavities and being able to offer explanations to patients on the need to brush and floss regularly, both necessary for overall dental health and wellness.



Yet perhaps no role is more crucial for a dental assistant than their direct impact in helping sustain the operational readiness of deployable units.

“Dental assistants help with dental readiness by taking yearly radiographs on all patients and assisting the doc with the dental exam by documenting treatment needs and the patients’ dental readiness classification,” noted Basiga. “Dental assistants in the Navy also handle many readiness reports and inform patients when they are due for their annual dental exam.”

“All of our dental assistants do way more work than we [dentists] ever do. We could not do what we do in our role without them,” added Cmdr. Douglas Steffy, NMRTC Bremerton oral radiologist.

The Navy’s dental readiness classifications for all patients provides a timely indicator of every command’s operational readiness. It’s designed to assess Navy commands to predict – and prevent if needed – dental emergencies from being a root cause of a problem impacting that readiness.

There are four classifications; Class I patients are good to go with no dental treatment expected in a year. Class II, a patient may just need minor or elective treatment such as a dental cleaning or a small filling. Class III indicates that urgent or emergency treatment is required, usually due to an active dental disease.

The decayed part of the tooth must be removed and filled, or it could get much worse within a year. Class IV refers to any patient who hasn’t had a dental exam within the year and/or their dental classification is unknown.

There are many Navy dentists who have specialized clinical expertise in a host of fields besides endodontics and oral and maxillofacial surgery such as prosthodontics, orthodontics and periodontics. It’s the dental assistant’s job to be prepared to help with those dental disciplines.

“The most challenging aspect of being a dental assistant is having to know how to assist for all dental specialties but not always working in that specialty,” stated Basiga.

Despite their patient load in Basiga’s department, there has been time set aside each day to show appreciation for Dental Assistant Recognition Week which included an ice cream social and guest visit by Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer.

“They really do great work to keep our Sailors ready. Dental readiness is of high importance to our Navy operational fleet,” remarked Fitzpatrick.

The full scope of dental services provided by the department – and clinics at Naval Base Kitsap Bangor and Naval Station Everett - include general and comprehensive dentistry, oral and maxillofacial surgery, oral maxillofacial radiology, endodontics, prosthodontics, digital dentistry and dental hygiene.

There are 15 active-duty dentists, two civil service dentists, and eight contracted dental hygienists providing the needed care and service to over 12,300 active-duty beneficiaries.

The command also provides treatment facility support and dental services to multiple additional platforms during their Selected Restricted Availability periods at Puget Sound Naval Shipyard.

The dental team has recently been able to leverage updated advancements in virtual surgical planning and 3D printing to perform full mouth rehabilitation.

That development has reduced the number of surgeries required for each case down to one, increased surgical predictability, and minimized Sailors’ time away from their deploying operational platforms.

For those wondering, there is dental decorum for enjoying ice cream. The recommendation is for a person to brush their teeth approximately 30 to 60 minutes afterwards.

It’s also advocated for those with any questions or concerns about their oral health to contact the nearest dental assistant. They’re sure to get to the root of the issue.

## A MAP of congratulatory surprise at NMRTC Bremerton

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer -- Surprised reactions became smiles of realization for 11 Sailors assigned to Navy Medicine Readiness Training Command Bremerton, March 6, 2023.



The 11 were all selected to be promoted to the next higher paygrade under the Meritorious Advancement Program.

“The competition was really fierce with so many qualified Sailors. These 11 were unanimously agreed upon and selected by the MAP board. They represent the ‘best of the best’ at NMRTC Bremerton,” said Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer, who led a contingent of command leadership to officially notify in person the results to each Sailor.

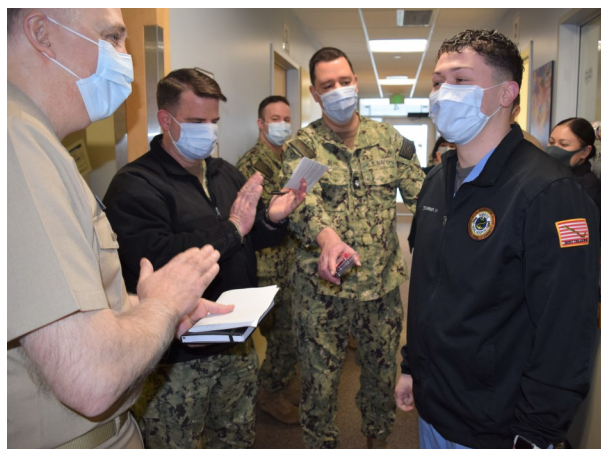
Advanced to first class petty officer was Hospital Corpsman 1st Class Jose Perez, Clinical Support Services and Radiology department.

Selected for second class petty officer were Hospital Corpsmen 2nd Class Joshua Hebert, Clinical Support Services and Physical Therapy department; Washington Le, Directorate for Administration and Operational Readiness department; David Livingston, Clinical Support Services and Radiology department; Jonathan Meeks, Directorate Branch Clinics, Everett Readiness department; and Chance Minor, Surgical Services and Endoscopy department.

Promoted to third class petty officer were Hospital Corpsmen 3rd Class Brogan Chamber, Clinical Support Services and Pharmacy department; Jared Gamber, Medical Services and Pediatrics department; Arika Meek, Directorate Branch Clinics Everett Primary Care department; Robert Overshire, Directorate Branch Clinics Everett Dental; and Matthew Reitz, Surgical Services, Orthopedics department.

MAP authorizes commanding officers to advance eligible Sailors in paygrades E5 and below to the next higher paygrade and provides leadership the opportunity to acknowledge those personnel who have demonstrated they are ready for the next level of responsibility.

The program also grants greater authority to commands



to better structure their manning levels, and help the Navy to continue developing and rewarding talented Sailors. Those advanced will get paid in their advanced pay-grade.







## National Dentist Day, March 6, 2023

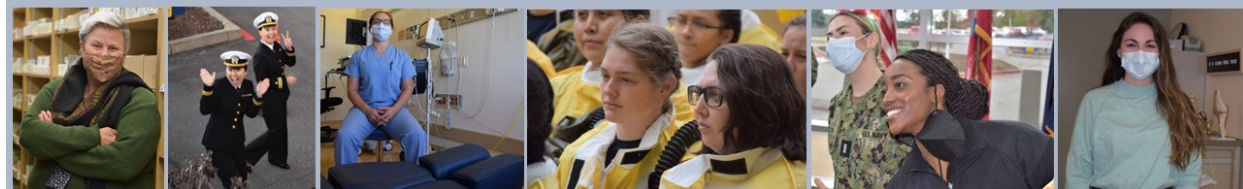
Take a moment to share your smile with your Dental Corps team!

NHB/NMRTC Bremerton has 15 active duty dentists, two GS dentists, and eight contracted dental hygienists who provide care to over 12,300 active duty beneficiaries.

Stay true to your teeth so they don't do false by you...



## NHB/NMRTC Bremerton honors Women's History Month



*NHB/NMRTC Bremerton recognizes March as National Women's History Month, with the theme "Celebrating Women Who Tell Our Stories" acknowledging those pioneering women - past as well as present - who are important contributors to the achievements of all military service branches and civilian workforce. Recent data notes there are approximately 230,000 women currently serving on active duty, comprising 17 percent of all military personnel. Throughout DoD women warriors continue to take on challenges and enhance operational capability and mission readiness. NHB/NMRTC Bremerton salutes all female staff for their commitment to excellence in the care for others in need (Official Navy photos by Douglas H Stutz, NHB/NMRTC Bremerton).*



## Navy Medical Corps 152nd Anniversary celebrated

By Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer — It was on March 3, 1871, that 153 U.S. Navy physicians was officially recognized as a staff corps to parallel their professional status with other naval officers.



That date was readily acknowledged 152 years later, March 3, 2023, at Navy Medicine Readiness Training Command Bremerton with an anniversary celebration for Navy Medical Corps officers assigned to the command.

“Happy birthday to our Medical Corps colleagues. They have an amazing amount of medical knowledge within our Navy Medicine. I have had the privilege over the last 30 years of working with some of the best in the business and most of the best in the last year, if I may so. I am very grateful for the association with the Medical Corps,” said Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer.

There are 4,200 active duty and reserve physicians in the Medical Corps practicing in 23 medical specialties and over 200 sub-specialties.

According to the Navy Bureau of Medicine and Surgery (BUMED), even well before the Medical Corps’ inception, their collective responsibilities then, as now, continues to expand in scope and complexity. Navy physicians are assigned at a number of locales on land, as well as at sea, in aviation and undersea medical communities, and as astronauts exploring the frontiers of space.

In providing patient-centered care at NHB/NMRTC Bremerton, Medical Corps officers engage in such specialties as; anesthesiology, family medicine, general surgery, internal medicine, neurology, and dermatology. Subspecialties include working with mental health, OB/GYN, occupational medicine, otorhinolaryngology (Ears, Nose, and Throat clinic), ophthalmology, orthopedic, pediatrics and radiology.

For Capt. Samuel Espiritu, his career as an anesthesiologist has provided gratification in caring for those in need and working with other corps officers.

“As a physician, it is gratifying to provide treatment to a patient and also treat their fears of not knowing what to expect. Allaying that fear is a reward all its’ own,” explained Espiritu. “It also is rewarding to help mentor a younger member to navigate all the requirements and get through the years of internship, residency and specialty training.”



The ceremony, as tradition dictates, included a cake-cutting ceremony featuring the most senior Medical Corps officer, Capt. James McDonald with 22 years of experience and Lt. Brodrick Hirai, starting out at his first command after completing his residency at NMRTC Camp Lejeune Family Medicine Residency in July, 2022.

Congratulatory letters from Navy Medicine Dental Corps, Civilian Corps, Hospital Corps, Medical Service Corps and Nurse Corps directors were read by representatives of each distinct entity as was well-wishes by Rear Adm. Guido Valdes, Medical Corps chief.

“As our country and the world continues to recover from the global pandemic, I reflect on how dedicated Navy physicians support our Navy and Marine Corps and civilian family. From managing patients affected by COVID-19 to supporting mental health and wellness, our corps has dedicated time, skill and experience to the fight. As we celebrate 152 years of service to our Navy, I am awed by the professionalism, tenacity and ingenuity of our 4,200 active and reserve Medical Corps officers. Embedded into our fleet, Marine Corps and joint teams, you provide comprehensive medical services anytime, anywhere. Whether deployed around the world, providing care to our service members and dependents at home, or conducting groundbreaking research, Navy physicians are vital to the performance of high-reliability teams,” wrote Valdes.

“As we transition into the future of military medicine, our corps will continue to work relentlessly to support the warfighter with top-notch clinical excellence,” continued Valdes. “In support, I want to increase mission transparency and provide opportunities for career development to you as naval officers and dedicated physicians. I am immensely proud of everything you do every day. You continue to inspire me in your ability to triumph over adversity to provide outstanding care to the world’s most deserving patients.”

Medical Corps officers are also active in biomedical research, medical education and training. They serve aboard afloat platforms and in combat theaters. Navy physicians also fill billets with the Marine Corps, in the Attending Physician’s Office to Congress, as well as the White House.

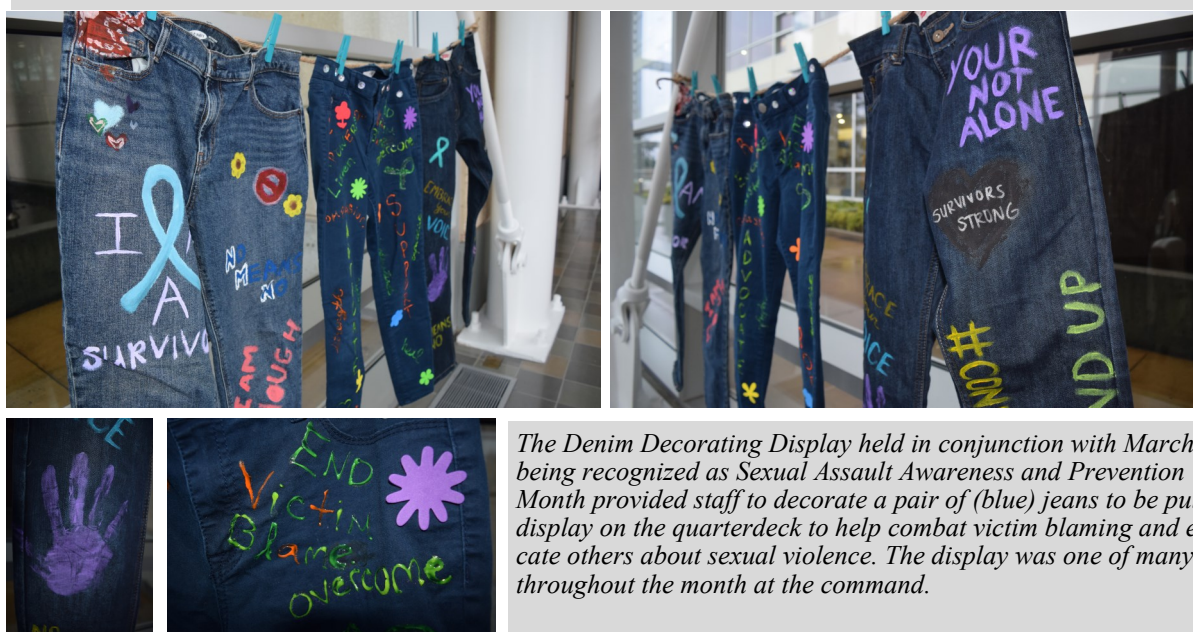


*Making the grade...Navy Medicine Readiness Training Command Bremerton Sailors—11 in all—take a frocking pause after being officially advanced to the next higher paygrade under the Navy’s Meritorious Advancement Program, March 6, 2023. “The competition was really fierce with so many qualified Sailors. These 11 were unanimously agreed upon and selected by the MAP board. They represent the ‘best of the best’ at NMRTC Bremerton,” said Capt. Patrick Fitzpatrick, Naval Hospital Bremerton director and NMRTC Bremerton commanding officer (center), with Cmdr. Maria Edusada, acting executive officer (right) and Senior Chief Hospital Corpsman Eric Morgan (left).*





*Providing a visual and vocal prompting...Navy Medicine Readiness Training Command Bremerton Coalition of Sailors Against Destructive Decisions organization and the command Drug and Alcohol Program promote the U.S. Navy "Keep What You Earned" campaign, Feb. 17, 2023, prior to the upcoming three-day holiday weekend in conjunction with Presidents' day to inform, remind and encourage everyone to make smart decisions concerning drinking and driving. Many locales nation-wide are planning increased vigilance by law enforcement for impaired drivers (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton)*



*The Denim Decorating Display held in conjunction with March being recognized as Sexual Assault Awareness and Prevention Month provided staff to decorate a pair of (blue) jeans to be put on display on the quarterdeck to help combat victim blaming and educate others about sexual violence. The display was one of many throughout the month at the command.*